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COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO

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# The Cutting Edge

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## FROM THE ADMINISTRATOR

The month of May is National Nursing Home Month. It is the time to honor all of our employees for the jobs that they do and the outstanding care they provide. The good news is it is not limited to a few individuals or a department or two. It is your everyday acts of kindness that sets our facility apart and shows that we care. Dietary now conducts meetings with the residents to help them choose a favorite meal to be served. Therapeutic Recreation continues to expand its programming to attract entertainment from the community. Nursing finds ways to do special things for the residents by assisting with makeup or helping with the way their room is accented. Housekeepers regularly find ways to say yes for "extras" that are asked of them.

Each and every one of our employees shows acts of kindness and concern on a daily basis. May month is your time to be recognized for all that you do and how much you mean to the residents and your fellow staff members. Thank you for your excellence in your job and thank you for showing that you care.

As good citizens of San Diego County Edgemoor needs to make every effort to reduce its water usage and be cost sensitive at the same time. Thanks to the conscientiousness of some of our residents suggestions were made on ways to help reduce usage, save money and better conserve a precious resource.

A suggestion was made to provide a more restrictive way to automatically flush the toilets. This was a concern especially during resident showers. A discussion with the maintenance department indicated the flush sensors could be adjusted so that movements far from the bowl would not cause the toilets to flush. The adjustment was made and has helped to lessen the unnecessary frequent flushing. The input of the residents was not only appreciated, it resulted in an improved operation. A tip of the hat and a great big thank you for their suggestion.

## Do you want to tell your story regarding younger adults in nursing homes? Film crew coming to Edgemoor seeking volunteers.

Even though most nursing homes have mainly elderly people, the fastest growing segment of the long term care industry is younger adults. Those under 65 years now comprise 14% of those in nursing homes and Edgemoor has an even higher percentage. The average age of residents at Edgemoor is about 55. Younger adults have different needs and characteristics than older adults and many area nursing homes feel they are not prepared. To help them im-

prove, Dr. Ferrini is working on an initiative to develop a four-hour training for nursing homes to help them understand what they need to do to care for younger adults. This training will be for the entire US but begin with the southern states.

The best way to learn about younger adults is to hear their voices and those who care for them. Do you want your voice heard? Do you want to volunteer for this project? A camera crew is

coming soon to capture our stories and we are looking for volunteers to be filmed. Dr. Ferrini our Medical Director, will ask questions about what is good and bad about nursing homes, your thoughts and feelings about being here, and what advice you might give to caregivers about how to better meet the needs of younger adults. If you are interested please contact Valerie Barrington ([Valerie.barrington@sdcounty.ca.gov](mailto:Valerie.barrington@sdcounty.ca.gov)) or call 619-596-6351.

## Kitchen Club

Our "Kitchen Club" meetings have been very successful and attendance has been increasing each time. We meet monthly to discuss the Residents' dining experience here at the facility. Residents give their input on foods they like and dislike, items they would like considered to be added to the menu or snack list, or items they would like to see discontinued. Last quarter the BLT, a chicken cheese quesadilla, a side salad and grilled peppers and onions were added to our substitution menu per residents' input.

Food taste testing is offered on occasion. Most recently it was 1% milk. In doing so, we found residents overwhelmingly preferred 1% milk over 2% milk. As a result we switched over to 1% milk as it is also healthier. We discussed good nutrition, healthy eating and announced some new things we are going to provide. Recently we started offering many of our sandwiches in a lettuce wrap to reduce calories and carbohydrates. Now we make the quesadillas on whole wheat tortillas rather than white flour or corn to pro-

vide more healthy whole grains and fiber. During this meeting residents choose the Residents Choice meal for the next month. We encourage everyone to attend as it gives us a chance to get to know you better and is a valuable way to get your great input. The schedule for meetings is posted by the Therapeutic Recreation office.



## Personal Food Storage

Based on resident requests changes to the Personal Food Storage Guidelines have been made. The time frames for storing some resident personal food on the neighborhoods have been lengthened. Please see the posting of these guidelines on

the Nourishment Refrigerator in each of the neighborhoods. Please remember, these guidelines are to keep food safe for our residents and prevent events of food borne illness. Remember only water can be stored in the residents' rooms, all other food must

be stored in appropriate areas designated for food storage. Personal food is consumed at the residents' risk. Residents should try and keep track of the safety of their food, but will be notified of outdated, spoiled or expired foods.

## Personal Dishware

Edgemoor does not allow personal dishware. However, many residents use personal cups and water bottles which are not washed or sanitized properly. These items can be sent to Nutrition Services but many residents fear the item become lost or damaged. The Nutrition Services Department wash-

es over 12,000 pieces of dishware per day and unfortunately some items do get damaged and lost. Therefore, for those that have special needs and have brought in personal dishware, the facility will begin to provide similar items to that of which you have. We will stock, order,

distribute, wash and sanitize these items properly and they will be available to the resident every day. Once this begins personal dishware will not be allowed. We apologize for any inconvenience this causes, but in the long run it will provide a more safe and efficient service for our residents.

## An Introduction to Trauma Informed Systems

Research suggests that trauma from childhood or adulthood can result in permanent changes in how our brains work and how we react to the environment and other people.

What kinds of trauma? Maybe losing a parent, witnessing violence, being neglected, or suffering verbal or physical abuse. Sometimes this can be a single episode of trauma, but other times it can be repeated traumas.

The changes can lead to medical problems (diabetes, high blood pressure, high levels of stress, hormones, cognitive loss) and psychological problems (nervousness, depression, being very vigilant, difficulty getting close to people, trouble trusting others, difficulty sleeping, angry outbursts, panic, fear, negativity, violence, anti-social behavior, mental illness, crime, addiction to substances

and family problems). People who have suffered trauma may not know how to ask for or receive help, they may lack social skills or self-awareness. They may not even be aware that the trauma has affected them so much. They may not know another way to live or react.

Many of our residents have these issues. Most of them have suffered much before they come to us. Staff have also suffered. Trauma Informed Systems asks us to look at behavior and try to figure out what it means. Behavior can be a way for a person to communicate a feeling. If we notice a person withdraw or acting angry or reacting negatively, we need to check it out and change our behavior so we don't add to their trauma and sense of hopelessness.

Understanding their perspective and making an envi-

ronment that feels safe will help to heal them.

Trauma Informed Systems look at the world through the perspective of other people. How does the building or the neighborhood feel to you? Do you feel welcomed? Are we respectful and kind? We are looking for your input in this process. Please feel free to call or email to Valerie Barrington ([Valerie.barrington@sdcounity.ca.gov](mailto:Valerie.barrington@sdcounity.ca.gov)) or 619-596-6351 if you have suggestions on how to improve the way we care for people at Edgemoor.

We can be a place where everyone can be safe to learn and grow together by maintaining boundaries and sensitivity and showing each other how to treat each other without violence, with respect and with constant kindness. You may notice changes as we look at ways to improve.

## New Pneumonia Vaccine

There is a new vaccine to protect against a common type of pneumonia and we are starting to give it to all the residents who are eligible for it. Well, it is not new exactly—it has been used for kids—but it is now new for adults! You may know, a pneumonia vaccine called the pneumovax or PPSV-23. Almost every Edgemoor resident has received the "old" one.

Now there is a new vaccine, called Prevnar or Pneumococcal conjugated vaccine PCV 13. This is for adults 18 and older with conditions that reduce their ability to fight infections AND all adults who are 65 years

or older. This vaccine is usually given at least a year after the Pneumovax. More than 50 residents have already been immunized this year.

Once more Edgemoor is on the cutting edge of new developments to help keep our residents safe and healthy.

### Resident and Family Satisfaction Survey

January and June are the months when residents and family members are asked to complete a survey indicating their level of satisfaction with Edgemoor services. The information is used strictly to improve services and to make appropriate changes to reflect resident needs. Surveys will be provided to residents and volunteers can assist in the completion of the questionnaire. Surveys along with a postage paid return envelope will be mailed to family members, conservators, and responsible parties. We appreciate your comments and prompt return of the survey.

SANTEE SUMMER CONCERT SERIES

TOWN CENTER COMMUNITY PARK

6:30PM TO 8:00PM June 18—Aug 27

Make plans now to join your loved ones at the free Summer Concerts in the Park near the facility. Therapeutic Recreation department staff can use your assistance in taking more residents to enjoy the concerts.

## Initiative to reduce antipsychotics and other psychiatric medications in nursing homes

You may have noted in the news there is a lot of discussion about the overuse of psychiatric medications, particularly antipsychotics, in nursing homes. There is a particular concern about these medications in those who are elderly and have dementia, as there are risks for these individuals and often the drugs are not needed. These drugs have side effects that can be serious and it is widely believed they are over-used. Serious side effects can impact almost every body system and even lead to death. Therefore, Edgemoor and its physicians give serious consideration before prescribing this type of medication.

Psychoactive medications were initially designed and tested for use in psychiatric problems like depression, schizophrenia, or bipolar disease. However, they are sometimes used in other situations where they have not been tested or approved by the FDA, like in Huntington disease, brain

injury, aggression, and / or dementia. The risks discussed are generally associated with Alzheimer's Disease in those over 65. We don't have very many residents with Alzheimer's Disease and many of our residents are younger.

There are nationwide initiatives to reduce the use of these medications and we support those reductions.

However, we have many people here with serious mental illness, brain injury and behavioral problems. The medications can be helpful to improve the quality of life and function. We have to do what is best for each individual. We balance the risks of the drugs against the benefits on an ongoing basis. We do our best to reduce the medications, to use the lowest dose possible and to monitor for side effects. We try to use alternatives to drugs, like exercise, activities, distraction, or redirection, and our residents are seen by a psychologist to help them with their

behaviors. Every three months, a committee of doctors, nurses, psychologist, pharmacist, and activities staff meet to discuss the medications and the benefit to the resident. If a resident is assessed by the physician to need a medication, then the resident and/or their family or decision makers are notified and informed about the medication, the reason why it was chosen, alternatives, risks and benefits. Although the list of possible side effects is long, most will not apply to you. We watch for side effects (and encourage you to report anything you notice) and adjust the medication or dose to help. If you have questions or need more information about a specific resident or medication, please call Valerie Barrington at (619) 596-6351 or email her at [Valerie.Barrington@sdcounty.ca.gov](mailto:Valerie.Barrington@sdcounty.ca.gov) to contact your doctor to discuss further.

## Edgemoor's Recent Special Events



Jesus Montoya resident

San Diego State University graduation



Nancy Beecham Director of Nursing  
Receives San Diego Health Care Association  
Circle of Honor